

Common grounds Two Soldiers on the hunt for Arabic coffee in downtown Wiesbaden

By Sgt. J. M. McKeel
Special to the Herald Union

There is something magical about the drink we call coffee. It is hard to think of college students without it. In fact, their affinity for the brew has resulted in college campuses across the nation allowing vendors to sell cups of their caffeinated concoctions on student credit accounts.

Like students, Soldiers have a distinct appreciation of java as well. They love it so much the U.S. military coined the popular term “cup of Joe,” and coffee is a standard ration wherever we go.

And the early Americans even used it in protest of King George’s tea tax after a French infantry captain, Gabriel de Clieu, brought the first coffee plant to the Americas in the 1700s.

Sgt. Marcus L. Tyler of Headquarters, Headquarters Operations Company, 501st Military Intelligence Battalion, and I happen to be all three — Americans, college students and Soldiers. This results in an unparalleled affinity and consumption of coffee in epic proportions.

Comparing notes one weekend, I discovered my battle buddy had never tried the original “cup of Joe” which is, of course, far from an American original. Its origin is Arabian, first documented in Ethiopia and spread throughout the west by the Turks.

The hunt begins

So, Tyler and I decided to find some Arabic coffee in Wiesbaden the following Sunday afternoon. With its high density of coffee shops and large Asian population, we were sure to find at least a couple options. We were shocked.

We walked into shop after shop at the Wiesbaden Walkplatz. Every Imbiss and Döner Kebap shack we could find sold espresso, NesCafé or nothing. After what seemed a fool’s errand, our first Arabic coffee seller was Saidnaya Imbiss on Schwalbacher Strasse, on the western border of the main Walkplatz.

As we entered, a gentleman in front of us, obviously a devoted patron, told us that we had come to the right place for “the best, authentic Oriental food in town.” He directed us to several bins —

different hummus and salads — that we “absolutely had to try.” We agreed to sample the deli’s delicacies and he told us, “You’re in for a real treat, a little spicy....just right.”

A kindly woman came over to me with her coffee beans, offering them to me to smell, explaining to me that these were the best for Arabic coffee.

A lesson in beans

She demonstrated the appropriate ways to assess their quality — there was something different about them from the espresso roast and other Western-style beans. Watching her work the ibrik over the open flame on top of their kitchen’s gas range, I saw her deft hand react to the rise and fall of the crust of grounds, letting them come to the brim then settle three times before finally pronouncing the coffee ready.

When she was finished, the husband came around the counter with the cups, white porcelain on small dishes. He gently explained the right way to drink the heady, aromatic coffee. She stood beside him, watching us expectantly as she sat the ibrik on the table.

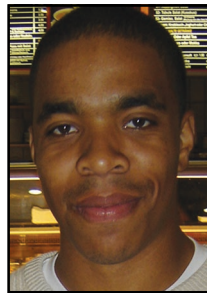
After seeing our eyes alight, they smiled together. She encouraged us to drink the rest of the pot.

Striking gold

After another set of Imbiss’ denied us of our coffee fix, we hit the jackpot. Our second coffee seller was “Moritz Kebap Haus” on Kirchgasse off Rhinestrasse, on a different side of the Walkplatz downtown. Opposed to the other shops, even Saidnaya, Moritz Kebap Haus was the only place we found in Wiesbaden that had Arabic coffee on their menu.



McKeel



Tyler

Of course, it was labeled “Turkish Mokka,” but after asking how it was made we found it was the same. Overjoyed with the find, we ordered two piping hot cups of

that infinitely black brew with the peculiar aroma from before. Taking our coffee into the dining area, we looked out onto the evening crowd filling the streets as the shop’s awning pulled back against the darkening sky.

Arabic versus Western

As the lady at Saidnaya described, Arabic coffee depends on the care given to it by the cook. Unlike Western coffee, which is left to a machine, Arabic coffee is a direct product of a person’s efforts. The coffee at Moritz was different, though the ingredients were the same — proving her point, we mused as we sipped. But for the aesthetic differences, the flavors and quality of ingre-

dients were exemplary at both shops. After dinner, we sat back in our chairs watching people pass on the sidewalk, savoring their baklava — drier, in a decidedly Turkish style — over more coffee.

For Americans living here, our campaigns in Iraq, Afghanistan and elsewhere in the Middle East pose potentially confrontational differences with the large local communities of Arabs, Turks and Asian cultures. Despite our varied backgrounds, languages and experience, we have many mutual interests. Whether it’s a college student looking for a good coffee fix between papers, or a Soldier in need of a quick bite, food — coffee in particular — is our most approachable common ground.

Sgt. J.M. McKeel is a freelance writer and novelist, stationed at Wiesbaden Army Airfield and a psychology graduate student at the University of Idaho.



A woman at the Saidnaya Imbiss makes Arabic coffee using an ibrik.

Photo by Sgt. J.M. McKeel

123rd MSB Soldiers are top warriors

Story and photos by
**Spc. Jennifer
McFadden**
*1st Armored Division
Public Affairs Office*

Overcoming exhaustion, heat, rain, blisters and injuries the competitors drove on. They kept with their journey; the journey to earn the title Top Warrior.

It's all about motivation, that is the key, said Sgt. Maj. Thomas Klingel, 1st Armored Division's training sergeant major.

Soldiers with the 1st Armored Division, both organic and separate units, competed for the Top Warrior honors. The Noncommissioned Officer and Soldier of the Year competitions, which were held at McCully Barracks began with an inprocessing brief by Command Sgt. Maj. Roger P. Blackwood.

"You are the best from your unit so you are already a winner, but only one NCO and one Soldier from each category will emerge as the top Iron Warrior," said Blackwood. "I wish I was 19 again so I could do something like this. You have an amazing opportunity to become better Soldiers, better people and better leaders."

From the inprocessing the competitors were weighed, taped and sent off to complete their first task.

The packing list inventory was followed by two written exams testing land navigation skills and knowledge of Iron Warrior tasks and Soldier skills.



Sgt. William Jewell, a Soldier with C Company, 69th Air Defense Artillery Battery from Hanau and other NCOs take their maps, scorecards and their motivation and head out to conquer the Urban Orienteering portion of the event. Photo left: Sgt David Bullard, a Soldier with the 501st Military Intelligence Battalion, 1st Armored Division, reacts to a mock chemical attack by donning his protective mask. The scenario was part of a four-day competition held July 10-13 at McCully Barracks in Wackernheim and included 1st Armored Division's separate units such as 5th Battalion, 7th Brigade from Hanau and 4th Brigade from Ansbach.

The next day came early as each Soldier gathered to take the Army Physical Fitness Test: push-ups, sit-ups and the two-mile run.

Some sponsors ran with their Soldiers, some screamed and hollered and others kept a watchful eye to make sure their competitors were staying hydrated and injury free.

From the APFT the Soldiers geared up and headed out to Wackernheim's known-distance range. Qualifying on this type of range was new to some participants.

"I think the hardest part of the competition was the range," said Sgt. Delroy Barnett, a Soldier with 123rd Main Support Battalion, Dexheim. "I have

never fired at a K-D range before."

The day was not complete for the participants. The competitors, without their sponsors, now had to complete the next event, an Urban Orienteering Course.

Each Soldier and NCO was given a satellite photo of the area and a scorecard. They were given five points to find and three hours to find them. They completed this task both during the day and again at night.

The next day at 5 a.m. the weigh-in began. The standard was a 35-pound rucksack; the conditions, a muggy rainy morning with heat on the way. The NCOs and Soldiers took off running, jogging and walk-



ing. They had 10-kilometers to complete and they were in a race for time.

The road march brought them to the final physical portion of the competition, the Common Task Training event.

This is no ordinary CTT event, said Klingel. The participants are given an operations order and fragmentary orders for each task. This is a completely tactical experience, he continued. The competitors are hands on.

They began with a permissions check and from there they were on patrol. Each participant had a different experience, but all were required to react to many things such as direct and indirect fire, improvised explosive devices, casualties, chemical attacks and more.

They also encountered role players along the way. Some were friendly, some were hurt and some were just out to keep them on their toes.

On the final day, sore and tired, the team of competitors got up to make a formation one last time. Dressed in their class-A uniforms they waited their turn for the sergeant major

board.

"I am sore but extremely motivated," said Spc. Spencer Goodfellow, a Soldier with the 1st Squadron, 1st U.S. Cavalry Regiment. "I had so much fun and I really appreciated all the training I received here."

Once all the questions had been asked and the scores had been tallied the group headed to the McCully dining facility.

"I want to say again you are all winners," said Blackwood. "I admire you for what you have done and I hope you keep this experience with you always."

With those words Blackwood announced the winners. Sgt. Delroy Barnett, a 123rd Main Support Battalion Soldier and Sgt. Brian Yoder, a Soldier with 7th Corps Support Group were titled top NCOs of the Year and Spc. Scott Hanshew, a 123rd Main Support Battalion Soldier and Spc. Jacob Flores, a Soldier with Headquarters and Headquarters Company, 4th Brigade were titled top Soldiers of the Year. All Soldiers who were chosen are scheduled to compete at the U.S. Army Europe level contest starting Aug. 6.

Autohaus Haese

Successful logistics keep IR '06 running

**Story and photo by
Spc. Andrew Orillion**
*1st Armored Division
Public Affairs Office*

Railhead, logpack, sync meeting. No, they're not "007" villains, they are some of the keys to logistical success at Immediate Response '06.

Immediate Response '06 is a trilateral training exercise being held at the Novo Selo Training Area in Bulgaria, involving the American, Bulgarian and Romanian armies.

"Our job is to make sure the task force has everything it needs," said Maj. Marchant Callis, support operations officer, 123rd Main Support Battalion, 1st Armored Division. "Food, fuel, bullets, tools, medicine; we supply it all."

The logistical mission began in late June with connexes loaded onto rail cars and shipped from Germany. Shipments continued until July 20.

"The actual training is only seven to eight days, but it takes 30 days of logistics to make those seven days a success," said Callis.

The key to successful logistics, according to Callis, is anticipation: knowing what a group of Soldiers will need before it is even asked for.

"Our battle rhythm tries to predict at least three days in advance," said Callis. "We have multiple meetings every day to make sure that all logistical issues are covered."

The most important meeting is the end of day synchronization meeting. At this meeting, all sections meet to discuss events for the next three days and hammer out logistical issues.



Spc. Antonino Governali, a machinist with C Company, 123rd Main Support Battalion, uses a propane torch to heat a hammer held by Romanian army driver/mechanic, Cpl. Feraru Robert. The heated hammer was then used to attempt to crack open a radiator case during Immediate Response '06.

When it comes to logistics, the big items are food, fuel and a way to deliver them. Food is handled by the 1st Armored Division, Division Support Command and the 454th and 464th Replacement Companies.

"We serve over 800 personnel each day, including Soldiers from the airfield," said Sgt. 1st Class Herminio Negrón, 1st AD, DISCOM, food service supervisor. "Everyone eats here, American, Bulgarian and Romanian."

Fuel has so far proved to be the biggest challenge. The fuel comes all the way from Turkey and shipments have to be coordinated with the Defense Logistics Agency. Plus, three different countries require three different types of fuel, MOGAS (American diesel), European diesel and JP8 (U.S.

military fuel).

Keeping everything running is another important part of logistics. This job falls to the Soldiers of the 123rd MSB's motor pool.

"This is a consolidated motor pool," said Sgt. 1st Class Rodick Williams, maintenance control sergeant, C Company, 123rd MSB. "We do every type of maintenance, and service every type of vehicle. Plus our equipment and expertise is available to all NATO units."

The 123rd MSB motor pool does more than maintain and service vehicles. Generators, electronics and small arms repair are also offered.

In addition to Novo Selo, the 123rd MSB supplies equipment to Soldiers in Slevin, Besmir, Plovdiv and Sofia.

Free time

25-hour run

Soldiers, airmen, civilians and family members are invited to participate in the annual Wiesbaden Sports Promotion Club 25-hour run Sept. 16-17 at the Kurpark in downtown Wiesbaden. At least 10 runners are needed for each team, with one runner on the track at all times. To join the U.S. Army Garrison Wiesbaden team call Sgt. Raymond Baum at mil 337-5897 or civ (0611) 705-5897. To join the 1st Armored Division team call Kerstin Kling at mil 337-4006 or civ (0611) 705-4006.

Downtown Gringos

Downtown Gringos will give a free performance at 6 p.m. Aug. 4 at the Electra Lounge in the Amelia Earhart Building.

Auditions

The Amelia Earhart Playhouse hosts auditions for the farcical romantic comedy, "The Ibsen Follies," from 7-10 p.m. Aug. 9-10. For information call mil 336-2473 or civ (0611) 816-2473.

Vacation Bible School

U.S. Army Garrison Wiesbaden Religious Services offers Vacation Bible School for youths 5 years through grade five from 9 a.m. to noon Aug. 7-11 at the Hainerberg Chapel. The theme is fiesta. Call mil 335-5248 or civ (0611) 408-0248 for information.

ODR trips

Outdoor Recreation goes to Legoland Aug. 12, rock climbing in Morgenbachtal Aug. 19 and indoor skiing in Holland Aug. 26. Call mil 337-5760 or civ (0611) 705-5760 for information.

Restaurant Come Back

G&E Wi GmbH

Sole D'oro

Volunteers of the quarter

The volunteers of the third quarter, fiscal year 2006 were announced July 25 during the community information brief at the Wiesbaden Army Airfield Community Activity Center.

Sniffin

Rose Marie Sniffin volunteered 108 hours during the quarter as the Headquarters and Headquarters Company, Division Support Command, 1st Armored Division, Family Readiness Group leader. Her certificate reads, "You have demonstrated unselfish personal dedication and sacrificed many hours to provide support, leadership and guidance for Soldiers and family members."

Beck

Marty Beck volunteered 32

hours during the quarter as the Wiesbaden Girl Scout leader and council trainer. Her certificate reads: "You have contributed to the overall success of Girl Scouting in the local community, as well as the North Atlantic Girl Scouts, European Division. Your unique ideas and coordination of a myriad of activities has created many opportunities for the Girl Scouts."

Foster

Natasha Foster volunteered 20.5 hours during the quarter as the Gen. H.H. Arnold High School Booster Club president. Her certificate reads: "You have demonstrated personal dedication and a desire to help students, faculty and family members in the USAG Wiesbaden community. Your

knowledge, professionalism and willingness to go above and beyond has not gone unnoticed."

Hayes

Winkie Hayes volunteered 11 hours during the quarter as an Army Family Team Building instructor. Her certificate reads: "You have demonstrated unselfish personal dedication and sacrificed many hours to provide support to the Soldiers and family members in the community. Your professionalism and work ethic have been an asset to the program."

Cuomo

Camelia Cuomo volunteered nine hours during the quarter as an Information and Referral Program assistant. Her certificate reads: "You have demonstrated personal dedication and a desire to help families and Soldiers in the USAG Wiesbaden community. Your maturity, professionalism and willingness to go above and beyond has not gone unnoticed."

Kaiser Palast

Galantos

Hacienda

Dr. Broichmann



Families and Soldiers of the 1st Military Intelligence Battalion, 635th Movement Control Team, B-1-214th Aviation Company, and 159th Medical Company (Air Ambulance) enjoyed a welcome home celebration July 20 at Wiesbaden Army Airfield, including free food and games, such as a velcro wall. Photo right: Guest speaker Col. James C. Boozer Sr., deputy chief of staff of U.S. Army Europe, thanks the troops for their hard work and the families for their support. Photos by Kelly Deichert

Job well done



Need more information about USAG Wiesbaden?
Visit
www.wiesbaden.army.mil

K.N.C. Company

Commander meets German chancellor

By Anemone Rueger
U.S. Army Garrison Wiesbaden
Public Affairs Office

Germany’s most powerful woman, Chancellor Angela Merkel, walked up the stairs to the Wiesbaden city hall on a red carpet rolled out for her July 20 during her visit to the state of Hessen. Welcomed by an enthusiastic children’s choir, shielded only by a fence around the immediate vicinity of the Rathaus, Merkel signed Wiesbaden’s Golden Book and subsequently met with representatives from politics and industry. “So where do you work?” she asked, chatting with U.S. Army Garrison

Wiesbaden Commander Lt. Col. Timothy R. Wulff. “Where you landed this morning,” the commander responded with a smile. “We are very glad to have you here,” Merkel said about the local U.S. military community of approximately 17,000. “The state of Hessen and the city of Wiesbaden are doing a good job taking care of you.” Merkel also mentioned the “very productive meeting” with her counterpart, U.S. President George W. Bush, who recently visited her home state of Mecklenburg in what used to be East Germany. “We will fight for you,” Merkel promised.



German Chancellor Angela Merkel, left, visited Wiesbaden July 20 and met with Lt. Col. Timothy Wulff, commander of U.S. Army Garrison Wiesbaden, right, and Wiesbaden’s Lord Mayor Hildebrand Diehl, center.

News notes

Yard sale

Anderson Barracks hosts a community yard sale from 9 a.m. to 2 p.m. Aug. 5. Stop by for great deals.
Car seat training
Safe Kids offers a car seat training class Sept. 6-9 in

Wiesbaden. The National Standardized Child Passenger Safety Training Program certifies people as child passenger safety technicians and instructors. Training is limited to 14 students and costs \$60. Register online at www.safekids.org.

Sports physicals

The Wiesbaden Health Clinic offers school sports and Child and Youth Services sports physicals Aug. 11. Time is designated by the first initial of the last name: A-E from 8-10 a.m., F-L from 10-11 a.m., M-R from 11 a.m. to noon and

S-Z from 1-2 p.m. No appointment is required. Bring a military/civilian ID card and immunization records.
Baby shower
Dexheim hosts a community baby shower from 10 a.m. to 2 p.m. Aug. 5 at the Dexheim

Parade Field. Participants can attend free workshops, learn more about services and enter to win prizes.

Need more information about USAG Wiesbaden?
Visit www.wiesbaden.army.mil

Mary Kay

Möbel Basar

Motor City

Confessional Lutheran Church

Photographer

Montenegro

Hollman

2nd BCT spouses learn marriage skills

By Spc. Andrew Orillion
1st Armored Division Public Affairs Office

The Edelweiss Lodge and Resort in Garmisch hosted a marriage retreat June 23-25 for the spouses of Soldiers deployed with the 2nd Brigade Combat Team, 1st Armored Division.

Chaplin (Col.) James M. Brown, 2nd BCT, 1st AD, rear detachment chaplain, headed the retreat which focused on a sometimes neglected segment of the Army spouse population.

"The 2nd BCT has done marriage retreats for spouses of deployed Soldiers before, but this is the first time we have had a retreat aimed specifically at spouses without children," Brown said.

The issues that affect spouses without children sometimes go unaddressed and as a result they can fall through the cracks said Brown.

"Because they don't have children, these spouses have a greater tendency to isolate themselves," said Brown. "They are more likely to just sit at home and become withdrawn. An event like this is a great way for the spouses to meet each other and make friends."

Page Snyder, married three and one-half years to a Stryker Brigade Soldier, agreed with Brown that isolation can be a problem for some wives.

"Kids give you an excuse to get out of the house," Snyder said. "When you are by yourself you really

have to make an effort to go out and meet people."

The retreat offered an opportunity for these 2nd BCT spouses to do just that.

"This retreat was a great opportunity to get away from it all and break the routine," said Christine Austin, married six years to a Stryker Brigade Soldier. "It's good to meet other spouses and learn that we are all going through the same thing."

In addition to issues faced by spouses without children, the retreat focused on some of the basic building blocks of a successful marriage.

Topics included how to effectively communicate, the different ways people show their love for one another, dealing with anger and how to correctly apologize.

"I really want these couples to buy into marriage enrichment," Brown said. "Building a healthy marriage is no different from dieting or exercising. You have to work at it to get results."

The course material was based on the work of Dr. Gary Chapman.

"Chapman has been writing and lecturing about how to build a successful marriage for decades," Brown said. "He is a true expert."

Chapman's philosophy and ideas about marriage proved popular with the group. Many attendees requested copies of the course material for their hus-



Photo by Spc. Andrew Orillion
Bernadette Mapp and Anna Brown discuss dealing with anger during a retreat for spouses of deployed Soldiers from the 2nd Brigade Combat Team at the Edelweiss Resort and Lodge in Garmisch.

bands.

The three-day retreat was a great success, new friends were made and much was learned.

"Learning to apologize was the best part of the course for me," said Elizabeth Augustine, married two years to a Stryker Brigade Soldier. "What I learned can really help. Now I just need to get my husband to do it too."

Junior NCOs train to be leaders in Kuwait

By Spc. Joshua Ramey
Special to the Herald Union

Baumholder Soldiers are training to be leaders while serving in Kuwait.

Task Force Ram of the 2nd Brigade Combat Team, 1st Armored Division, conducted specialized training focusing on equipping future noncommissioned officers with the knowledge they need to take care of today's Soldiers. The five-day Leadership Academy pushed the Soldiers to strive for excellence in military bearing, discipline and mental focus. The 15-hour-a-day course was a first for the task force and was designed by senior NCOs to help improve the quality of leadership throughout all ranks.

"This training academy will give junior leaders a better idea of [their roles] when leading Soldiers. It is the sergeant who makes important decisions on the ground in Iraq. It is the sergeant who leads and checks Soldiers and makes sure they are trained," said Task Force Ram's Command Sgt. Maj. Bernard Mabini.

Since the 2nd BCT has been deployed to Kuwait for more than six months, many of the newly promoted NCOs have not been able to go through conventional training available in a garrison environment. "Many NCOs across this task force need some of the warrior training that teaches legal responsibilities, proper counseling and



Photo by Spc. Joshua Ramey

Pvt. Ali Malik, B Co., 141st Signal Batt., Sgt. Aquita Johnson, HHC, 40th Eng. Batt., Sgt. Irene Fernandez, HHC, 2nd BCT, and Cpl. Theresa Ayache, HHC, 40th Eng. Batt., lift an antenna pole for physical training during Task Force Ram's leadership academy at Camp Buehring, Kuwait.

how to identify what Soldiers need," said Mabini.

"I will be promoted in the next few months," said Spc. Kelly Mohammed of Headquarters and Headquarters Company, 30th Engineer Battalion. "I am much clearer about the roles of NCOs, the importance of enforcing discipline, standards and dealing with problems junior Soldiers may have."

Cpl. Lewis Kuklinski, a terrain analyst in HHC, 2nd BCT, went through the course as a newly promoted NCO. "We learned a lot of important infor-

mation during the past five days. Supervision is necessary to make sure people do what they need to do. Failure to supervise could end up with someone hurt or could harm the mission," he said.

Practical training included zeroing procedures for personal weapon systems, short range and urban combat techniques, vehicle maintenance and reacting to improvised explosive devices.

"The most challenging event in the

course was the Call for Fire class," said Cpl. Theresa Ayache, training NCO for HHC, 40th Engineer Batt. "We were pretty rusty on some of that stuff, plotting distances, calculating azimuths. It was very informative and there were things I learned that I can take back to everyday life in my unit."

Sgt. Cory Horras of G Troop, 1st Squadron, 1st Cavalry Regiment (Brigade Reconnaissance Team), was recently promoted in Kuwait. "I haven't gone to any (formal NCO training) courses, and I had a basic concept of being an NCO, but this class definitely helped to boost my knowledge of how to do things right. It helps me do my job," Horras said.

A graduation and award ceremony marked the end of the course. Cpl. Matthew Crane of G Troop, 1-1st Cavalry, earned an Army Achievement Medal and was selected by his peers as one who stood out as a leader throughout the course. "Teamwork really played an important part of the whole academy. During PT and the practical training exercises everyone shared their own knowledge, and we learned a lot from each other as well as the instructors," he said.

"The team cohesion among the participants really made it a good experience," said Spc. John Allen, HHC, 40th Engineer Batt. "Everyone came together, and helped each other take the most we could out of the academy."

USAG Baumholder changes command



By Kelsy Hustead
USAG Baumholder Public Affairs Office

After two years of commanding U.S. Army Garrison Baumholder, supporting Baumholder families, and guiding the Garrison staff, Lt. Col. James E. Larsen relinquished command to Lt. Col. Derek R. Rountree.

“A huge part of our appreciation for this command is due directly to our German hosts,” said Larsen. Speaking in German, Larsen addressed the German guests saying, “My wife Liz, our children, and I have really enjoyed the two years here at Baumholder and we will leave Baumholder with a heavy heart.

“I have never experienced a German community that provides such good support to the military and is so hospitable. We want to thank all our German friends from the bottom of our hearts.

“My family and I like to boast that we are from Texas, God’s country. Tomorrow, we will boast that we are from Baumholder.”

During Larsen’s tenure, 1st Armored Division Soldiers redeployed from Operation Iraqi Freedom and were welcomed home. The 92nd Military Police Company deployed and redeployed in support of Operation Enduring Freedom. Additionally, several Baumholder units including the 2nd Brigade Combat Team deployed again in 2005 in support of OIF.

“It is you the Soldiers, civilians and family members that make this the wonderful community that we have. I thank you in advance and ask for your continued support,” said Rountree.

Photo by Kelsy Hustead

Col. Herman “Tracy” Williams III, USAG Hessen commander, prepares to pass the colors from outgoing USAG Baumholder commander, Lt. Col. James E. Larsen, to incoming commander, Lt. Col. Derek R. Rountree, during the change of command ceremony held June 14 at Rheinlander Field.

47th FSB combat lifesaver contest reinforces skills

By Spc. Joshua Ramey
Special to the Herald Union

The 47th Forward Support Battalion, “Modern Pioneers,” took the U.S. Army’s Combat Lifesaver course to the next level June 22 during a competition at Camp Buehring, Kuwait.

“We’ve spent a lot of time on CLS first-responder training since December 2005 and this event allows our Soldiers to look at themselves and see how the training has worked for them,” said Lt. Col. Jeanne Hooper, 47th FSB commander. “This is a good opportunity to enhance their skills within a stressed environment.”

The winner of the competition was awarded the Army Achievement Medal and recognition as the best combat lifesaver in the battalion.

Pfc. George Cloud, a Bradley fighting vehicle electronic sighting mechanic with Company B, 47th FSB, joined the competition as one of the five

best CLS qualified students in his company. “If anyone gets injured out there, they have to be able to rely on someone. I want to be able to take care of my buddies and I look forward to the experience of training in a tactical environment,” he said.

The 47th FSB simulated combat situations, with each competitor completing nine tasks. These included a four-mile foot march in full combat gear, controlling bleeding while moving a casualty with multiple wounds to safety, moving a gunshot casualty to safety while providing medical attention, properly calling for an emergency helicopter evacuation and loading casualties onto the helicopter, setting up a helicopter landing zone, starting an intravenous fluid line, prioritizing casualties and loading them into a field ambulance, assembling a casualty collection point and a written test.

Pfc. Sandra Pockwinse of Headquarters and Headquarters Detachment, 47th FSB, was one of the role-playing casualties. “In my lane, I was hit by an improvised explosive device and thrown from the vehicle with two bleeding extremities. I’m going to do the best I can to make it as realistic as possible with yelling, screaming and demonstrating I’m in a lot of pain.”

The 12-hour event was conducted throughout the night and exposed Soldiers to more than just practical execution of classroom knowledge; it simulated the stress and sleep deprivation often associated with combat.

“We have at least one major competition every quarter,” Hooper said. “We’ve done a forklift rodeo, a maintenance rodeo, this CLS competition, and next will be a truck rodeo. These competitions challenge our Soldiers and give them a chance to show off their skills.”



Photo by Spc. Joshua Ramey

Spc. Byungmin So, C Co., 47th Forward Support Batt., moves simulated casualty Pfc. Sandra Pockwinse, HHD, 47th FSB, to safety prior to treating her for bleeding during the Combat Lifesaver competition held at Camp Buehrin, Kuwait.

Warning: Don't back up on 'tiger teeth' barriers

Smith Barracks, like many military installations, uses the tire shredders, sometimes known as "tiger teeth," for force protection at installation gates. They are used to disable vehicles from attempting to enter military installations illegally.

When a person attempts to illegally enter by driving through an exit the tire shredders puncture the tires, destroying them.

During normal crossing the tiger teeth lower under the weight of the tires as long as the tire crosses the teeth in a perpendicular direction. Crossing the tiger teeth at an angle other than 90 degrees can cause tires to strike the sharp end of a tooth, puncturing the tire. Occasionally excessive speed while crossing the tiger teeth can also cause damage. Speed should be reduced to five kilometers-per-hour when traveling over tiger teeth barriers and drivers are warned to never back up over bar-



Photo by Kelsy Husted

Excessive speed while crossing tiger teeth barriers can cause damage. Motorists should slow down to five kilometers per hour.

riers.

The tiger teeth require that your vehicle has at least three-and-a-half inches of clearance from the ground.

When vehicles are lowered or heavily loaded they may come down and strike the teeth, so drivers are warned to not cross them in that condition. Such dam-

age is not compensable because damage to low-hanging exhaust systems is classified as a normal risk of everyday driving.

If your vehicle is damaged while driving over the tiger teeth and you think it was due to an unusual circumstance, notify the Pond security guards to make a log entry, have them contact the military police and obtain a copy of their report. While you are still at the location gather as much information as possible from witnesses such as their names and phone numbers, and if possible, take photos of the damage and the scene. This will ensure a speedy processing of your claim.

For more information call the Claims Office at mil 485-6507, civ (06783) 6-6507, or visit the office Wednesday from 8 a.m. to 3 p.m. The office is located in the Legal Center in Building 8222 on Ordnance Street.

(Courtesy of the Baumholder Claims Office)

ACS Programs

Programs and classes

ACS is located at Building 8746, Dispensary Kaserne. Call ACS to register for all classes and programs at civ (06783) 6-8188 or mil 485-8188.

Resumix and employment orientation, Aug. 3 and 29, 11 a.m. to 1 p.m. Learn about working for the federal government and how to apply for federal jobs.

Interview techniques, Aug. 10, 11 a.m. to 1 p.m. Learn how to prepare for interviews.

Sponsorship training, Aug. 10, 2-3 p.m. Help make a difference to newcomers in our community and become a sponsor. Program outlines the responsibilities of a sponsor and provides the information and tools to assist newcomers.

Resume and cover letter workshop, Aug. 15, 11 a.m. to 1 p.m. This course covers the basics of effective resume and cover letter preparation and helps identify marketable skills.

Successful money management, Aug. 22, 2-4 p.m. Learn how to evaluate your present financial situation, establish personal goals, understand a balance sheet and income statement, and develop a personal spending plan.

Basic personal investing, Aug. 23, 9-11 a.m. Learn the importance of financial goals and the time value

of money, determine personal risk tolerance, match investments with personal goals, develop investment strategies to reduce risk and identify various investment vehicles.

Exceptional Family Member Program game night, Aug. 23, 6:30 p.m. Come meet other EFMP families and create support systems while having a lot of fun.

Career assessment, Aug. 24, 11 a.m. to 1 p.m. Receive guidance and direction in your job search. Evaluate your skills, plan your career and set professional goals.

Smooth Moves for PCSing, Aug. 28, 2-3 p.m. Receive information on how to get through a permanent change of station. Topics of discussion include relocation stress, arrival and orientation, transition, pre-departure, and reintegration.

ADHD/ADD support group, Aug. 28, 5:30 p.m. Share your experiences with other parents and obtain more information about your child's diagnosis.

Reintegration exhibition

If you are a member of a rear detachment, a Family Readiness Group leader or support assistant, or are interested in learning more about reintegration and how it relates to family members, visit this exhibition that includes information to be offered during the upcoming reintegration periods.

News briefs

Baumholder American High School new student orientation and cookout

A new student cookout and orientation will be held in the high school gym Aug. 25 beginning at 1:30 p.m., followed by a guided tour of the high school. For information contact the high school office at civ (06783) 6-6874 or mil 485-6874.

Baumholder Middle/High School schedule pickup

Baumholder American Middle/High School will have schedule pickup for the 2006-2007 school year Aug. 25, from 1-1:30 p.m. in the gym for seventh grade students only. All other students may pick up schedules in the cafeteria from 1-2 p.m. For more information contact the high school office at civ (06783) 6-6874 or mil 485-6874.

School bus passes

Beginning Aug. 21 high school bus passes may be picked up in Room 14 at BAHS from 8 a.m. to 3 p.m. For more information call civ (06783) 6-6874 or mil 485-6874.

Fall student athlete requirements

Students must have a minimum 2.0 GPA from the third quarter of the previous school year to be eligible for fall athletics. Students must have a sports physical on file to participate in practices. Fall sports include football,

volleyball, golf and cross country. The first practice is Aug. 21 at 9 a.m.

Free and reduced lunch program applications accepted

Beginning Aug. 1, free and reduced lunch applications will be accepted. Applications require a copy of a current military or civilian leave and earnings statement, a copy of proof of any other income including child support, Kindergeld or German employment. Applications must be submitted to the Child and Youth Services school officer. For more information call mil 485-6968 or civ (06783) 6-6968.

Host nation events

Aug. 5-6, Gem Cutter and Goldsmith market, Oberstein

Aug. 7, Market at Kirn, 8 a.m. to 2 p.m.

Aug. 11-13, Old City Fest, Baumholder

Aug. 11-13, Car Rallye ADAC World Championship, Baumholder military training area, St. Wendel and Trier

Aug. 18-20, Bernkastel-Kues Street and Wine Fest

For more information about Host Nation events, call the USAG Baumholder Public Affairs Office at mil 485-1600.

Boot camp

Join the Rolling Hills Athletic Club for six weeks of fun and challenging Boot Camp classes. Classes will be held at the Mountaineer Gym every Tuesday and Thursday from 9-10 a.m. The classes begin Sept. 5 and end Oct. 12. Registration fee is \$50 for all classes or \$5 per session. Call civ (06783) 6-6156 to register. A minimum of 15 participants is required for this class.

Rolling Hills Athletic Club and pool

The Rolling Hills Athletic Club is located in upper Wetzel and includes an indoor pool and fitness center. It is open from noon to 8 p.m. Monday through Friday and noon to 5 p.m. on Saturday, Sunday and holidays. There are daily, monthly and quarterly memberships available for individuals or families. Call the RHAC for information at civ (06783) 6-6156.

Family swim night is offered every Friday from 5-8 p.m. for \$1 per person.

Pool party rental

Rent the pool and the party room for up to 25 guests. Package includes three hours usage, party room, tables and chairs for \$75. Available week-ends from 1-4 p.m.

Fitness classes

Classes offered at the Rolling Hills Athletic Club:

Monday, Wednesday, Spinning, 5:30 p.m.

Tuesday, Thursday, Yoga, 11:45 a.m.

There will be no class on Aug. 8. Yoga is no longer free.

Fitness tickets

Tickets for fitness classes cost \$4 each or ten for \$30. Tickets may be purchased at RHAC, Mountaineer Gym or the Hall of Champions.

Personal training

Personal training is now offered at the RHAC on Tuesday and Thursday by appointment. One hour for club members costs \$20. Non-club members pay \$35 for a one-hour session. A personal training package is available for \$95 and includes a one-month membership and four individual personal training sessions. For information call civ

Happenings



Photo by Angela Collins

Wetzel School Age Services children learn various fishing techniques at a fishing pond near Baumholder in the Outdoor Recreation Summer Fishing program. The program is a combined Outdoor Recreation and Child and Youth Services endeavor.

(06783) 6-6156 or mil 485-6156. Registration ends on Aug. 26. A minimum of 15 participants is required for this class.

Wellness massage

Relax with a certified masseuse at the Rolling Hills Athletic Club. A 60-minute session is \$40. Ask about the new mommy-to-be massage. Call to schedule your appointment at mil 485-6156 or civ (06783) 6-6156.

Mountaineer Gym

The Mountaineer Fitness Center is open Monday through Friday, 6 a.m. to 9 p.m.; Saturday, Sunday and holidays, 9 a.m. to 5 p.m. Call civ (06783) 6-7418 or mil 485-7418.

Mountaineer Gym aerobics classes

Monday, Wednesday, and Friday, Step aerobics, 9 a.m.

Group exercise and Soldier PT

Fitness Promotions offers a group fitness class. Group rate is \$50 or single tickets may be purchased for \$4 each. The minimum number of participants is 15 and maximum is 30. Call civ (06783) 6-7093 or mil 485-7093 to schedule a class.

Custom Made band

Custom Made plays Aug. 9 at 7 p.m. at the Rheinlander Convention Center. Free live concert on the patio.

Outdoor Recreation retail outlet

Check out Outdoor Recreation's wide selection of fishing gear, camping supplies, paintball supplies, military police and special operations equipment and weapons. Special orders available. Call Outdoor Recreation at mil 485-7182.

Get rolling

Outdoor Recreation now has bicycles for rent. Rent daily, weekly or for a weekend. Call mil 485-7182 for information.

August Recreation trips

Outdoor Recreation is open daily, including holidays, from 11 a.m. to 8 p.m.

August trips and activities:
Aug. 4-6, Swiss adventure
Aug. 6, Six Flags Belgium
Aug. 12, Disneyland Paris
Aug. 12, 26, Fishing trip
Aug. 12, Mystery trip
Aug. 13, Holiday Park
Aug. 13, Rhein Valley, St.

Goar, Ruedesheim

Aug. 19, Phantasialand

Aug. 19, Mosel Valley Wine Fest, Bern kastel-Kues boat trip

Aug. 20, Legoland

Aug. 26, Europa Park

Aug. 27, Six Flags Holland

Aug. 27, Kayak-canoe, Sauer River

Fishing

Fishing is just minutes away in Baumholder. Fully stocked pond with rainbow trout. No fishing license needed. Fishing equipment for rent at Outdoor Recreation. Call mil 485-7182.

Trap and skeet

Open Saturday and Sunday from 10 a.m. to 5 p.m. Range prices start at \$4.50 for 25 birds. Rental guns available. Call mil 485-7182 for information.

Hunting license

Getting your German hunting license may be less complicated than you think. Call Outdoor Recreation for class times at mil 485-7182. Class cost is \$75 per person.

Clubhouse for rent

The Rolling Hills clubhouse is available for rent for small functions of up to 50 people. It

is an excellent facility for retirement parties, hail and farewells and other small gatherings. For information on rental reservations and procedures call Rolling Hills golf course at mil 485-7299.

Rolling Hills golf

Thursday, Scramble Night begins at 6 p.m. Sign up in the pro shop by 5:45 p.m.

Aug. 12, Youth golf clinic for children age six to 18 years-old. 10 a.m. to noon. \$5 fee includes golf equipment.

Aug. 19, 20, American Club golf championship starts at 9 a.m. \$60 entry fee per golfer and non-members pay greens fees.

For information call Rolling Hills golf course at mil 485-7299.

Youth services trips for 6th- through 12th-graders

Aug. 16, trip to Phantasialand from 7 a.m. to 9 p.m. The cost is \$30 per student, plus spending money in euros.

Aug. 26, trip to Six Flags from 6 a.m. to 9 p.m. The cost is \$30 plus spending money in euros.

The maximum number of participants for each trip is 45. The bus departs from the Underground. A signed permission slip and fees must be turned in one week prior to each trip. Participants should bring a sack lunch. For information, contact Youth Services at mil 485-7276.

Joe Satellite

Trinity Baptist Church